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WHAT WE LIKE ABOUT HUGH

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WUSS
TO WOLVERINE
WITH HUGH JACKMAN'S
WORKOUT **PAGE 10**



Tony Hawk, left, shows off some stunts along with Mitchie Brusco on Monday at Polo Park. BERNICE PONTANILLA/METRO

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Tony Hawk tears it up in Winnipeg

Canadian tour. Legend
praises The Plaza skate
park at The Forks

here, a lot of people that are
really passionate about it,"
Hawk told Metro.

"The skate park (at The
Forks) is really world-class. I'm
happy that we were able to
bring our tour here."

The Canadian tour, which
is in partnership with Sport
Chek and Quicksilver, saw
hundreds of fans attend, in-
cluding Cameron Fay with his
seven-year-old son Brady.

Tony Hawk, accompanied
by a group of accomplished
and up-and-coming skate-
boarders — including 16-year-
old phenom Mitchie Brusco —
delivered a 45-minute ex-
hibition on his travelling half-
pipe ramp in Polo Park's park-
ing lot by Sport Chek.

Winnipeg is a place the
45-year-old knows well, having
taken in The Plaza skate park
at The Forks in 2006 while on
his Secret Skateboard Tour.

"I love (Winnipeg) — it's
got a really good vibe to it and
there's a great skate scene

"When I told (my son) he
was coming, he wanted to see
what he was all about, see if
Tony could still do the 900. I
told him I didn't think that was
possible anymore," said Fay,
a skateboarder who grew up
watching Hawk, with a smile.

Hawk said his advice to
young skateboarders remains
the same: "To skaters, I tell
them to only do it cause you
really love doing it, not
because you're pressured into
it somehow or you think it's
some ticket to fame or for-
tune." BERNICE PONTANILLA/METRO

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Winnipeg woman organizing anti-Chris Brown event

Loving Hands Don't Hit. Benefit organizer takes issue with concert promoter's view of Winnipeggers



SHANE GIBSON

shane.gibson@metrone.ca

The woman behind a benefit for victims of domestic violence — not coincidentally being held the same night Chris Brown plays the MTS Centre — is taking exception to comments made by the singer's Canadian promoter on Monday.

After people in Halifax took to Twitter last weekend calling for a boycott of an upcoming concert Brown is slated to headline there, Stephen Tobin, owner of Drop Entertainment Group, said other cities — including Winnipeg — have been "nothing short of electric and overwhelmingly positive" about Brown's pending arrival.

Susie Parker said she'd use none of those words to describe her feelings about the singer, who was convicted of

Standing up against abuse

"It really makes my heart smile when people decide to support our organization — that's one of the many rewards in this line of work."

Osborne House CEO Barbara Judt, about the upcoming benefit

assaulting his then-girlfriend Rihanna in 2009, and his Aug. 29 concert in Winnipeg.

"The guy's a thug," said Parker, who immediately began planning a benefit for the Winnipeg women's shelter Osborne House last Friday when she heard of Brown's scheduled stop in Winnipeg. "Let's give our money to Osborne House where it's really needed instead of into his hands, the hands that he uses to hit women."

After tweeting about her plans, Parker said she was overwhelmed with support from others, including an offer from Academy Lanes to use its venue for the event.

"It blew up," she said. "There's a pocket of motivated individuals who will do



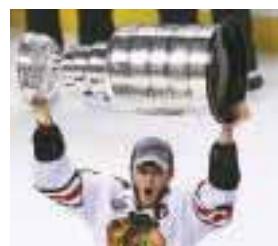
Osborne House CEO Barbara Judt, pictured, is thrilled Winnipeger Susie Parker is planning a benefit for the women's shelter on Aug. 29, the same night Chris Brown is slated to play the MTS Centre. SHANE GIBSON/METRO

everything we can to bring light to the domestic violence issue ... and not Chris Brown."

Parker said the benefit, called Loving Hands Don't

Hit, is in the planning stages, but will include activities for families and kids at the bowling lane during the day of the concert, and a more adult event there when Brown

takes the stage that evening. For more information or to donate prizes for the event, send Parker an email at susie@sparerstrategy.ca or follow @susie_parker on Twitter.



Jonathan Toews hoists the Stanley Cup last month. THE ASSOCIATED PRESS FILE

Toews bringing Stanley Cup to Winnipeg

Winnipeggers are getting another chance to see Lord Stanley's Cup.

Former Winnipeger and captain of the Stanley Cup-winning Chicago Blackhawks Jonathan Toews will be bringing the coveted trophy to town this week. And on Friday, everyone is invited to

catch a glimpse.

Toews will be at the Jonathan Toews Community Centre (1188 Dakota St.) on Friday from 2 p.m. to 4 p.m.

"Many young hockey players look up to Jonathan Toews, not only for his achievements throughout his hockey career, but also for his generosity and

caring off the ice," Mayor Sam Katz said in a press release.

"I know that many Winnipeggers will be thrilled to have the opportunity to meet Jonathan and see the Stanley Cup up close."

The event starts with short speeches by local notables including former Winnipeg

Jet and current city councilor Thomas Steen. People will have the chance to meet Toews and have their picture taken with him and the cup after the speeches.

Toews was born and raised in Winnipeg, and his parents still live here.

ELISHA DACEY/METRO

Vanishing species

Butterfly actually a 'canary': Ecologists

The decline of a once-common prairie butterfly is being called a climate-change "canary in a coal mine."

Researchers from Canada and the U.S. are coming together to try to save the brown butterfly, known as the Poweshiek skipperling. There are less than 200 left in Canada, most of them in Manitoba.

Cary Hamel of the Nature Conservancy of Canada says the butterflies were once so plentiful researchers didn't

even bother to count them. He says their decline is a sign the prairie grass ecosystem is at risk. THE CANADIAN PRESS

Royal Winnipeg Ballet

RWB's Moulin Rouge to hit silver screen

The Royal Winnipeg Ballet's critically acclaimed rendition of Moulin Rouge is pirouetting its way onto the big screen. Paquin Entertainment and Les Productions Rivard start production this week on the full-length movie, featuring dancers from the successful live show. It's

expected to premiere early next year. METRO

Lori Douglas case

Sexy details at inquiry could ruin judge's career: Ruling

A disciplinary hearing into the conduct of Manitoba Queen's Bench Justice Lori Douglas, whose nude photos ended up on the Internet, could cause "irreparable harm" unless it is put on hold, a Federal Court judge says.

The Canadian Judicial Council hearing of the case

was supposed to resume this summer. But on Friday, Justice Judith Snider put the inquiry on hold, saying salacious details could damage the judge's personal and professional reputation. A judicial review is examining whether the council's panel of five judges is biased against Douglas. THE CANADIAN PRESS

Second-quarter results

Orders soar for New Flyer buses

New Flyer Industries received new orders for the equivalent of 513 buses,

including 253 firm orders and 260 options, during the second quarter, a big increase from the same period last year. The Winnipeg company received firm and option orders for only 90 equivalent units in the second quarter of 2012.

New Flyer also delivered 474 equivalent units in the second quarter, ended June 30, up 33 from 441 EU's a year earlier.

The quarterly sales figures do not include orders acquired with New Flyer's recent purchase of North American Bus Industries, which closed near the end of June. THE CANADIAN PRESS

Labelling concerns

'Broad spectrum' sunscreen carries broad definition

Some may think that when they grab a bottle of "broad spectrum" sunscreen, they are protected from these rays, but Health Canada labelling hasn't yet caught up with new U.S. regulations.

The 2012 U.S. labelling rule calls for UVA protection in all "broad spectrum" products. Health Canada is considering similar regulations. **GRAHAM LANKTREE/**
METRO IN OTTAWA

Charity drive

Woman dies in Channel swim

British officials say a woman has died while trying to swim the English Channel as part of a charity drive. A Facebook page set up to promote her swim said Susan Taylor collapsed on Sunday in the water and was airlifted to a French hospital, where she died. **THE ASSOCIATED PRESS**

Nine months old

Baby left alone in sweltering car

Police say a group of angry people confronted the father of an infant girl who was left in a hot car parked in Oakville, west of Toronto.

Authorities say the nine-month-old was left unattended in a parking lot for about 10 to 15 minutes on Sunday.

Police say the baby was seen crying and sweating profusely but is OK.

THE CANADIAN PRESS

And the lawsuits begin

Lac-Mégantic disaster.
Mourner, café owner set for first class action

A motion to file a class-action lawsuit has been registered by two Lac-Mégantic residents in the opening volley of what could be a years-long, multimillion-dollar legal battle.

It comes just over a week after a deadly train derailment that has already prompted various investigations, including a criminal probe.

The motion was filed Monday by two men who want to sue the owners of the train that killed an estimated 50 people.

One of them is Yannick Gagné, who owned the Musi-Café bar where many people died in the tragedy; the other is Guy Ouellet, whose partner of five years, Diane Bizier, lost her life in the blaze. Three of Gagné's employees also died.

Even the lead lawyer on the case was affected by the blast, which destroyed his office.

The defendants are the

Montreal, Maine & Atlantic railway (MMA), company chairman Edward Burkhardt, president Robert Grindrod and train operator Tom Harding.

No financial sum was mentioned in court documents, but lawyers predict the case could involve more than \$10 million.

The suit seeks damages for people who lost loved ones, for those who were injured and for property and business losses.

Barely a week after the tragedy, law firms have swiftly lined up to get a piece of the potentially lucrative action.

Lawsuits could be filed in Quebec, Maine — the headquarters of MMA — or even Illinois, where the company's parent company is located.

One Chicago firm that specializes in transportation disasters says plaintiffs could stand to gain millions by taking the company to court in the U.S.

"I think the best way to phrase it is that Illinois does not have limits on wrongful-death damages," said Bradley Cosgrove, a partner at Clifford Law Offices. **THE CANADIAN PRESS**



A fireman drives by a charred car on Monday on the site of the train-crash explosion in Lac-Mégantic, Que., that killed an estimated 50 people. A class-action lawsuit motion has been filed just over a week after the incident.

JACQUES BOISSINOT/THE CANADIAN PRESS

Elliot Lake mall nearly lost mortgage over disrepair

Water damage at the Algo Centre Mall in Elliot Lake was so severe the bank threatened to pull the mortgage years before it collapsed, an inquiry heard Monday.

The threat sent the Nazarian family, who owned the mall, on a frantic scramble to forestall the default, but the needed repairs were never made.

"We were in desperate need of funds to fix the roof," testified Levon Nazarian, who worked alongside his father.

In the summer of 2008, the Royal Bank noted an inspec-

tion had revealed it would cost \$3 million to make the repairs.

The inspection found "marked deterioration," severe leaking and extensive damage.

In an effort to head off the bank, the Nazarians signed a deal with a purported contractor, who aimed to borrow \$1.7 million to carry out the repairs.

Commission lawyer Peter Doody was incredulous.

"So the company that was going to do the work was going to borrow the money to

pay itself?" Doody said.

The contract was forwarded to the bank as evidence the repairs were being done but it was never executed.

Nazarian, 29, also said it was at his request that an engineer changed an inspection report done just weeks before the fatal collapse last year.

He said he wanted to make it "more presentable" but denied the "irrelevant" changes — removing reference to "ongoing" leaking and photos showing severe rusting — were intended to mislead.

THE CANADIAN PRESS



Bob Nazarian, left, owner of the ill-fated Algo Centre Mall in Elliot Lake, with his son Levon at the inquiry. **COLIN PERKEL/THE CANADIAN PRESS**

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Transit Tuesday



Weekly Transit News Update

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Tories do the shake and shuffle

Prime Minister Stephen Harper gave his cabinet its biggest shakeup since his Conservative government first came to power. Here's three things to know:

Half of new faces are women

Eight new faces joined the cabinet, including four women. Shelly Glover, a Manitoba MP, comes aboard as heritage minister; Alberta MP Michelle Rempel, pictured, has been named minister of state for western economic diversification; Ontario MP Kellie Leitch is taking on the labour portfolio; and Manitoba MP Candice Bergen was named minister of state for social development. "To the young women of this country, we can make it in #cdnpoli. Run for office," Rempel tweeted soon after her promotion was announced.



The money won't change hands

Finance Minister Jim Flaherty, Foreign Affairs Minister John Baird and International Trade Minister Ed Fast held on to their key economic portfolios. But a few high-profile ministers did change jobs: Peter MacKay — who flubbed the oath, and needed his glasses — is now the justice minister, and Rob Nicholson the defence minister; and Jason Kenney moved to human resources and skills development.

MacKay, left, Rempel and Flaherty

#shuffle13 is not a playlist

The news came out via Harper's official Twitter account in advance of a formal announcement about the cabinet shuffle. @JustinTrudeau also took to Twitter to voice his feelings on the cabinet shuffle: "The only Minister with any power in this Cabinet is the Prime Minister. Today's shuffle does nothing to change that." ... And now-former junior transport minister @stevenjfletcher voiced his disappointment: "I am Conservative, I am a traditionalist. I wish I left Cabinet in the traditional way — with a sex scandal!"

THE CANADIAN PRESS/TORSTAR NEWS SERVICE

After the flood

Baby penguin brings joy to Calgary zoo

The Calgary Zoo announced the successful hatching of their first gentoo penguin chick since the opening of the Penguin Plunge in 2012.

The egg was first laid May 31 by two-year-old Giselle and eventually hatched July 7 just after 1 p.m. "This is such a wonderful announcement to be able to make in the face of current challenges the zoo is dealing with from the flood," said Malu Celli, curator for the Penguin Plunge. "It shows the resiliency of nature and that life continues in spite of those difficulties." METRO IN CALGARY



The egg was laid by Giselle, 2.
CALGARY ZOO/FACEBOOK.COM

'Served his time'

Canadian with alleged al-Qaida ties to leave Mauritania

A 24-year-old Canadian man is to be released from a Mauritanian jail after being sentenced to 18 months in prison and a \$2,000 fine for alleged ties to al-Qaida's North African branch, known as al-Qaida in the Islamic Maghreb, officials said.

The Mauritanian appeals court decided Sunday to free Canadian national Aaron Yoon, the same day as his sentencing, because he has already been imprisoned for the duration of his sentence, prosecutor Ahmed Ould Abdalla told The Associated Press.

"The court has decided to free the Canadian, Yoon, because he has already served his time. He will be expelled from Mauritania immediately," said Abdalla. Yoon was first arrested in December of 2011. THE ASSOCIATED PRESS

Thailand. School sorry for students' Hitler banner

Thailand's premier university has apologized for displaying a billboard that showed Adolf Hitler with his arm raised in a Nazi salute next to Batman, Captain America, the Incredible Hulk and Iron Man.

"(We) would like to formally express our sincere apology for our students' 'Superhero' mural," art school dean Supakorn Disatapundhu said in a statement issued Monday. "We are taking this matter very seriously." THE ASSOCIATED PRESS



A student poses in front of a superhero-themed banner that included Adolf Hitler at the Chulalongkorn University in Thailand. COURTESY SIMON WIESENTHAL CENTER

Pharmacy wars heat up as Loblaw buys Shoppers

What, no Optimum Points? \$12.4-billion deal raises stakes as Loblaw follows on the heels of Sobeys, which picked up 199 in-store pharmacies last month

Two of Canada's biggest retailers have struck an agreement to combine their operations, with Loblaw Companies Ltd. buying Shoppers Drug Mart Corp. for \$12.4 billion in cash and stock.

The acquisition will keep Shoppers' brand name in place and allow it to operate as a separate division of Loblaw, the companies said on Monday.

But, it also raises questions about the next major deal in Canada's hotly pursued pharmacy retailer sector.

Last month, fellow grocer Sobeys picked up the Can-



Galen Weston, executive chairman of Loblaw, holds his four-year-old son, Graydon Weston, following a press conference in Toronto on Monday announcing that Loblaw Companies Ltd. will acquire Shoppers Drug Mart Corp. for \$12.4 billion in cash and stock. MICHELLE SIU/THE CANADIAN PRESS

adian assets of grocer Safeway for \$5.8 billion in a deal that included 199 in-store pharmacies.

"With today's transformational partnership between Loblaw and Shoppers Drug Mart, we are changing the retail landscape in Canada," Galen Weston, executive chair-

man of Loblaw, said Monday.

"I've long believed that becoming a Canadian health and wellness, and nutrition, champion represented the most powerful next chapter for Loblaw."

Loblaw is offering \$33.18 in cash plus about six-tenths of a Loblaw share for each Shoppers Drug Mart common share. The proposal was valued at \$61.54 per Shoppers Drug Mart common share based on Loblaw's share price before it was announced, more than a 29 per cent premium on Shoppers' average trading price.

THE CANADIAN PRESS

Not a believer

"This deal hasn't made Loblaw more competitive in the grocery space, as far as I'm concerned, or at least not to the degree that's worth 12 billion bucks."

Gareth Watson, vice-president at Richardson GMP Ltd.



They're back, baby!

Twinkies' defence: Previous company downsized cakes

Twinkies are back, but they may be a bit smaller than you remember.

The new boxes hitting shelves this week list the spongy yellow cakes as having 270 calories and a weight of 77 grams for two cakes, or 135 calories and 38.5 grams for one cake.

Right before it went out of business, the predecessor company had told The Associated Press that Twinkies were 150 calories per cake.

A spokeswoman for Hostess said in an email that the size change was made in "mid-2012" by the predecessor company. That would mean it happened in the months leading up to its bankruptcy, as the company was trying to keep its head above water financially. THE ASSOCIATED PRESS

Market Minute

DOLLAR
96.02¢ (-0.17¢)

TSX
12,528.35 (+66.18)

OIL
\$106.32 US (+37¢)

GOLD
\$1,283.50 (+\$5.90)

Natural gas: \$3.67 US (+3¢)
Dow Jones: 15,484.26 (+19.96)

Reputation

Asiana will not sue the NTSB because it said it was the TV report that damaged the airline's reputation.

dozens.

Video of the report has spread widely across the Internet since it was broadcast.

The National Transportation Safety Board apologized, saying a summer intern erroneously confirmed the names of the flight crew. THE ASSOCIATED PRESS

Asiana. Airline to sue TV station over use of racist fake names of pilots

Asiana announced Monday that it will sue a San Francisco TV station that it said damaged the airline's reputation by using bogus and racially offensive names for four pilots on a plane that crashed earlier this month in San Francisco.

An anchor for KTVU-TV read

the names on the air Friday and then apologized after a break. The report was accompanied by a graphic with the phoney names listed alongside a photo of the burned-out plane that had crashed at San Francisco International Airport on July 6, killing three and injuring

Trend. Home sales rose again in June, but 'cooling-off period' possible: Expert

Home buyers extended a trend of increasing sales into its fourth consecutive month, according to the Canadian Real Estate Association as mortgage rates also crept up last month.

However, economists suggested Monday the higher rates could help cool the market through the second half of the year.

"Interestingly, the recent move up in five-year fixed rates ... might have actually stoked sales activity in June, with buyers making their move before their lower rate contracts expired," said Rob-

Rising, for now

3.3%

CREA reported home sales through its Multiple Listings Service were down 0.6 per cent from June 2012, but up 3.3 per cent from May.

ert Kavcic, a senior economist at the Bank of Montreal.

"If so, that could set the stage for another cooling-off period this summer."

THE CANADIAN PRESS

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NOT ALL RIGHT TO WEAR WHITE

I've witnessed my fair share of wedding faux pas over the years—drunken speeches, lewd dance-floor moves, annoying iPhone ringers that erupt in the middle of the "I do." But of all the questionable things I've seen, none of these blunders are as appallingly premeditated as when a woman who isn't the bride shows up to the wedding in a long white dress.

You don't have to be an Emily Post devotee to be familiar with this established piece of etiquette and yet, without fail, there always seems to be at least one guest at every wedding who has the audacity to arrive in her showiest, whitest evening gown. At the last wedding I attended, there were no fewer than three women wearing floor-length frocks in various shades of virginal white. Who are these women and what is running through their



SHE SAYS
Jessica Napier
metronews.ca

of occasions that demand a white dress code—croquet matches,

brains when they decide to slip into a dramatic dress for someone else's nuptials?

Having a bit too much to drink at the open bar might be frowned upon, but deliberately competing for attention with the bride is unforgivable. It's not just taboo, it's a calculated effort to draw attention to yourself and with every colour of the rainbow at your disposal, there's really no excuse.

I don't care how smoking hot you look or how well it shows off your tan—wearing head-to-toe white to someone else's wedding is a sign of disrespect and is bound to raise some eyebrows.

Yes, I know these events should be about two people showcasing their love and commitment to one another and they shouldn't really be about the outfits, but come on, ladies. There are plenty

lawn-bowling competitions, cotillion balls—so save your colourless finery for another time.

Brides put months of work into their big day while most guests are simply expected to bring along an envelope of cash or a kitchen appliance in exchange for a free meal. Given the amount of time and effort a bride puts into finding her ideal gown, it's not too much to ask that female guests opt for colourful cocktail dresses and let her be the only one in white.

There are extenuating circumstances, of course. Pippa Middleton's show-stealing white dress at her sister's wedding was the result of an old British superstition that advises bridesmaids wear white to ward off evil spirits. And I'm sure no one said no to Jay-Z and Beyoncé when the couple asked their guests to wear white to their wedding in 2008.

Otherwise, guests should assume that all shades of cream, ivory and eggshell are off-limits.

Follow Jessica Napier on Twitter @MetroSheSays



ZOOM

Baby watch is a royal bore



CHRIS JACKSON/GETTY IMAGES

It's a camp-out at St. Mary's Hospital

Members of the world media are seen taking a break outside the Lindo wing of St. Mary's Hospital as the U.K. prepares for the birth of the first child of the Duke and Duchess of Cambridge.

Some journalists have been set up outside the hospital since July 1 awaiting the birth of the third heir to the throne. **METRO WORLD NEWS**

Thirst for news grows

"When Di went into hospital the photographers set up their ladders, there were around 200 of them.... But that was only when she went into hospital."

Ingrid Seward, editor of Majesty magazine and royal biographer, comparing this media frenzy to that during Prince William's birth. Another speculator, royal author Phil Dampier, said, "I've never known anything like it in my 28 years reporting on the royals."

Twitter

Even before the palace announces the birth by bulletin and tweet, Twits were talking about it:

@piersmorgan: Things I'm very glad I've never had to do: "Royal baby watch."

@rblandford: Royal baby still not released as it has not yet reached its target on Kickstarter.

@AshleyBoorman: Come on Kate! Push the baby out in the morning. Give me a bank holiday on my birthday #RoyalBaby



A disappointing day

July 13
The supposed due date — July 13 — has come and gone. Royal commentators are complaining that the lack of information coming from the palace has called everyone to panic stations. The palace only said that the date would be sometime this month. Given the media circus that has surrounded the royal baby from the beginning, including gifts of knitted kangaroos and a deluge of dead-end tidbits from unnamed and arguably non-existent "sources," it is perhaps not so surprising that Britain's enthusiasm is beginning to flag.

Twitter

A new study from Ohio State University says smokers cost employers \$3,000 a year per employee in lost productivity. @metropicks asked: Should it be docked from their pay?

@plussizepanda: of course it should. I don't leave my office ever half hour for 10 minutes at a time!

@AlanSimpson: Maybe something more proactive? Smoking cessation options, smoking on company time guidelines, etc...would all be more effective.

@blinner56: and what's worse is if you're a non-smoker you don't get as many breaks as a smoker does.



@BourbonShot: is it not law that you get a 15 min break every 4 hours, smoker or not? Abide by that. Boom, done. Next question.

@ksawka: it's an addiction right? What if we gave alcoholics paid breaks to sneak out back for a swig from the bottle?

@TP_TV: These are called work breaks whether ppl smoke drink coffee or take a walk they are entitled to them as employees

@Jonny_EP3: as a smoker, I take the 3 breaks I am provided by my employer, just like any other employee here.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

DVD reviews



Evil Dead

Director. Fede Alvarez

Stars. Jane Levy, Shiloh Fernandez, Lou Taylor Pucci

••••

The really scary thing about Fede Alvarez's *Evil Dead* is its failure to shock. Are we now completely desensitized to movie horror? Arriving 32 years after Sam Raimi's *The Evil Dead* shotgunned cabin terror into indie legend, the social gulf between the two films couldn't be wider. The 1981 original parlayed geek savvy, improvised gross-out effects and inspired camera work (that swooping evil POV) into a splatterfest that appalled and delighted its Reagan-era audience. It was novel because it was so eager to go for broke. The remake misfires because it's content to play it safe, in the process losing more than just the "The" from the title. Granted, it has all the mutilation, decapitation, dismemberment, sawing, shooting, roasting, nailing, puking, burying, buzz-sawing and screaming you'd expect from an *Evil Dead* movie — and consider this fair warning for anyone not already versed in franchise lore. It's precisely because you expect all these things that *Evil Dead* inspires more tedium than terror. Extras include a director/ commentary and making-of featurettes.

PETER HOWELL



Michael Cera, 25, stars in *Crystal Fairy*, where he plays a self-serving jerk. THE ASSOCIATED PRESS

2 SCENE

No more Mr. Nice Guy

Crystal Fairy. Michael Cera's new character is a far cry from innocent little George Michael Bluth

MATT PRIGGE
Metro World News in New York

Before discussing his new microbudgeted film, *Crystal Fairy*, Michael Cera gushes about the films of John Cassavetes. He cites *Opening Night*, starring Gena Rowlands as an unhinged stage actress, as his favourite. But he didn't come around to *Husbands* — the filmmaker/actor's seething look at three friends' joint bender — right away. "The first time

I watched it I felt like I was watching an acting class — actors flexing their muscles. But now I really love it."

That said, if Cera, now 25, wants to be taken more seriously as a thespian — or even shed his nice guy George Michael Bluth image — he's not being open about it. When asked about hunting for edgier fare — like *Crystal Fairy*, in which he's an Ugly American on a drug trip — his answer is quiet and modest. "I was just trying to find people to collaborate with who had similar sensibilities," he says. "It's one of the great things about being involved in this business, that you can meet people who are so talented, whose stuff you admire, who you can potentially work with."

After seeing *The Maid*, a hilariously neurotic Argentine dramedy about a grumpy

housekeeper, he reached out to its director, Sebastian Silva. The two wound up collaborating on two movies. When the first, *Magic Magic* about a woman's (*Juno Temple*) descent into madness, ran into budget problems, they ran off to make the tiny *Crystal Fairy* in 12 days. There wasn't a script, but there was a treatment. Everything was planned but the dialogue, which Silva would sometimes feed his actors — also including Gaby Hoffmann as the titular hippie — before takes.

Cera briefly played an abrasive cokehead version of himself in *This is the End*, but *Crystal Fairy* finds Cera as a jerk at feature length. "He's pretty self-serving," he explains. "He's incapable of putting himself in other people's shoes. He's so stuck in his head and his own agenda. In terms

I like the cut of your jib

"I really like the way Michael looks. I'm really into how people look. His is such a versatile face. I feel it could be anything. I don't think I could ever work with, like, Ryan Gosling. Not that I don't like his acting, but I'm not intrigued by his looks."

of playing him, though, it's so much fun. You'll pretend to be nice to someone when you're just manipulating them, or just be outright rude to them."

That's a different persona for him, and a different way of working. "We'd just run the camera and film the scene, so you could really immerse yourself in that feeling," Cera says.

Getting social. How not to be an online dummy

It's fitting that Aliza Sherman and Danielle Smith first connected in an online space. Sherman, an established author and digital marketing consultant, finally had the chance to meet Smith, a longtime television reporter, at a blogging conference in 2010. That in-person connection manifested itself in the form of the duo's first joint effort, a guide to balancing work and motherhood — *Mom: Incorporated*. Sherman and

Smith have reunited to mark the launch of their new book: *Social Media Engagement for Dummies*.

What advice do you give to people who want to develop their personal brand on social media?

Smith: One of the things I love about the book is, true to the "dummies" format, it's broken down into digestible sections about the theories and then

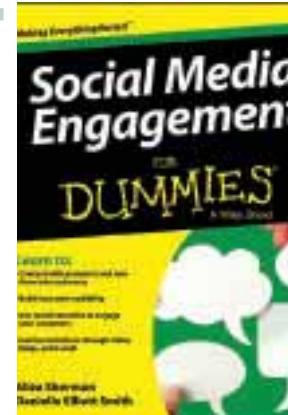
we go into the individual platforms. Each of those individual platforms has access and community building opportunities. We hope that we made it very accessible for people.

What are your favourite platforms to use?

Sherman: Personally my favourite is Twitter. I love the speed and brevity of tweeting. As for my clients the most effective platform so far has been

Facebook. As much as I adore Twitter, as a consultant I have to give my clients the right tools for them and Facebook wins hands down because of the ultra connectivity. When somebody interacts with you and your brand through your page it becomes reflected in their activity stream and it compels people to share and suddenly the application of your message is huge.

CHRIS LONGO/MWN



Making a film at the pace of a snail

Turbo. Canadian animator tread a long way from conceiving his idea of racing molluscs to getting it up on the big screen

RICHARD CROUSE
scene@metronews.ca

The Sheridan College-trained Dreamworks animator David Soren first hit on the concept of Turbo 10 years ago.

"It started as a lark," he says.

"There was a competition and I turned in the idea the night before the deadline. The Fast and the Furious with snails. That was it. It happened that it won the competition and Dreamworks bought the idea. Then it went nowhere for a long time."

While Soren worked on

other projects like Chicken Run, Shrek, Shark Tale and directed a trio of TV specials based on the Madagascar film franchise, the idea of an aspirational snail with dreams of speed stayed with him.

"My six-year-old boy, from birth, came with a love of cars and racing and all things fast," he says.

"I was not a car nut or a race fan growing up but it really got me thinking about the character in different terms and that freed me up to realize that a snail really is kind of a perfect underdog."

"Nobody expects anything of them. Their lives are filled with obstacles; nobody really knows what they do, other than being gross and pesky."

The next step was character design, no mean feat when your stars are 90 per cent shell.

"In the beginning the fact that all those things that you usually rely on, like arms and legs and eye-

David Soren, far right, attends the Turbo premiere in Barcelona with Turbo stars Michael Pena, Samuel L. Jackson, Snoop Lion and Ryan Reynolds. GETTY IMAGES

brows (were missing meant that) we had to get more creative about how to do it. I did drawings early on of these snails with arms and

it was creepy.

"It was just a matter of coming up with other viable ways for them to emote and move around."

Taking his kids to animated movies also gave him a real sense of what he wanted and, more importantly, didn't want, in Turbo.

Give Turbo a chance
"...A snail really is kind of a perfect underdog. Nobody expects anything of them, their lives are filled with obstacles..."

Turbo writer and animator David Soren

"I find myself growing impatient with animated movies that are just a bunch of gags," he says.

"I feel like I am just going to amuse or babysit my kid. And yet by the same virtue I think it is pointless to make an animated movie that doesn't have some appeal to children."

"It has made me want to see all sides of it a bit more and find the heart, find the human story in there — that universal thing that any audience member can connect with but not lose the kids either, because they're important."

She's going from straight A's to getting her first F.

The To Do List
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Justin Bieber ALL PHOTOS GETTY IMAGES

The Bieber bus is coming, and everybody's clubbing

Justin Bieber has found an interesting way around his recent trouble with getting into nightclubs in the U.S. due to being under 21. After a gig in Indianapolis, Bieber had his tour bus pull up outside a local nightclub and just had his after-party on the curb, reportedly sending his security detail

into the venue to round up girls to bring back to the bus, according to Popcrush. Guards were seen escorting three women — two blonds and a brunette — onto the tour bus, where the blinds were drawn and the party continued. Bieber never stepped foot off the bus himself.



Cory Monteith

Investigation into Glee star's death sped up

The investigation into the cause of death for Glee star Cory Monteith is being fast-tracked, Vancouver police confirm to TMZ. "Due to the intense public interest, the toxicology will be expedited," a police source says, explaining that the results

should be announced in two or three days. The autopsy began Monday. Monteith was found dead in his room at the Fairmont Pacific Rim Hotel in Vancouver Saturday after missing his check-out time. He was alone and there were reportedly no signs of foul play.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Jenny's got a View, and I've got one too



THE WORD

Dorothy Robinson
scene@metronews.ca

I've written this column for a long, long, long time, covering celebrities who do stupid and irresponsible things. But there is no one more stupid and more irresponsible than known anti-vac personality Jenny McCarthy, who was just named the new co-host of *The View* on Monday morning.

"We are delighted that Jenny will be joining us as a permanent co-host on *The View* starting in September," Barbara Walters said in a statement. "Jenny brings us intelligence as well as warmth and humour. She can be serious and outrageous."

For her part, McCarthy said, "I'm beyond thrilled to be joining Barbara and the other amazing women at the table. I look forward

to helping make hot topics a little bit hotter."

Are those hot topics whether or not you should vaccinate your children? McCarthy has claimed that vaccines cause autism to such mainstream news organizations as Larry King Live and Frontline, and has worked as a spokesperson for various, fringe anti-vaccination groups. There is absolutely no scientific evidence that vaccines — which keep our children from succumbing to terrible diseases — cause autism.

Her stance is extremely dangerous for the well-being of our children and society as a whole. It is my sincere hope that *The View* explicitly states in her contract that she is not allowed to spew her anti-science lies on broadcast television. Shame on Barbara Walters, a true journalist, for giving this fear-mongering nitwit a microphone. My only hope is that maybe, just maybe, they're drastically changing the format of the show, and Walters and the other *View* girls will be contestants on a reloaded version of *Singled Out*.



Justin Timberlake

You take that back, Timberlake!

Justin Timberlake insists he had no idea the name of his new single, *Take Back the Night*, was also the name of a sexual assault awareness group until the group took issue with his decision. The group, the Take Back the Night Foundation, took issue with Timberlake appropriating their name for a steamy R&B track. "Upon the release of my new single, I was made aware of an organization of the same name called

the Take Back the Night Foundation," Timberlake says in a statement. "Neither my song nor its lyrics have any association with this organization. As I've learned more about the Take Back the Night Foundation, I'm moved by its efforts to stop violence against women, create safe communities and encourage respectful relationships for women — something we all should rally around."

Keepin' it real: Lo and O make a show



Lindsay Lohan

Lindsay Lohan is set to star in her own eight-part reality series for Oprah Winfrey's OWN network chronicling the troubled starlet's attempts to rebuild her career once she's finished with her latest stint in rehab. And apparently Lindsay's mom, Dina Lohan, thinks the deal comes with some hands-on care from Winfrey herself. "It's fantastic," Dina tells E! News. "If anyone is going to help mentor you, it's going to be Oprah."

Twitter



@kirstiealley

early to rise, early to work... I'm trying to sound chipper but it's just too early..chip chip chip



@joeldavidmoore

R Kelly is my favorite musician that just sings long texts he writes to girls.



@KChenoweth

Dear Super Bubble, where are you? You're not at 7/11 anymore (at least in Cali)



@MarkDuplass

Playboy Magazine wants us to know it's only \$10 to subscribe for a year... and that there is no such thing as the internet.



Get the Wolverine body

Fitness. This summer, Hugh Jackman reprises his role as self-healing mutant Logan in *The Wolverine*. His trainer, David Kingsbury, tells us how he went from skinny to superhero

ROMINA
MCGUINNESS
life@metronews.ca

Hugh Jackman and his personal trainer, David Kingsbury, started getting ready for *The Wolverine* halfway through working on *Les Misérables*, for which Jackman's character, Jean Valjean (a prisoner turned wealthy merchant), had to go from looking scrawny to robust within weeks.

"In the first section of *Les Miz*, Hugh had to be thin. But for the second section, he had to bulk up," Kingsbury tells Metro. "That was actually quite early on, and that gave us an extra couple of months of training dedi-

cated to *The Wolverine*."

Initially, they worked on building up strength and size but in the final stages they had to trim him down.

"That year, Hugh's weight fluctuated by about (44 pounds). By the time shooting for *The Wolverine* began, he'd shed (15 pounds) and gotten his body fat down to six per cent."

Weights + cardio

Becoming Wolverine required Jackman to train for a total of 11 hours a week. Monday to Friday, he and Kingsbury would do one hour of weights followed by one hour of cardio. On Saturdays, he'd do a one-hour interval session using a gym sled and on Sundays, he'd rest.

Jackman was put on a progressive overload weight-training plan to build up strength on basic lifts like the bench press, squat and deadlift. The point is to increase the weights by about five per cent every four weeks, so that they get progressively heavier, adjusting the reps at the same time.

"We'd always

train early in the morning, so Hugh would drink a double espresso just before for a boost in energy and have breakfast straight after he was done with

the exercises. We worked both the upper and lower body, doing different movements each day, in order to allow the body to recover. We focused slightly more on increasing the size of his legs, just to make sure he maintained his balance," explains Kingsbury. They combined weights with a mixture of interval training and steady state cardio, such as fast-paced walking.

"It would either be low intensity or high intensity, nothing in-between, as the middle ground stuff is the worst for maintaining muscle."

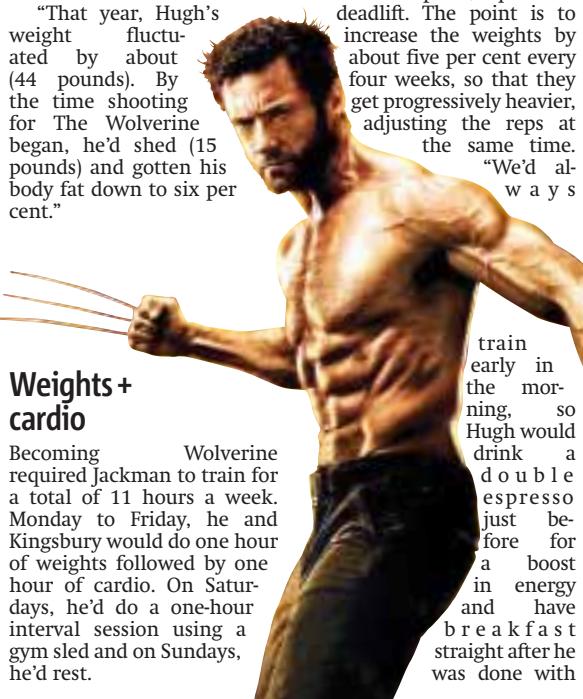
Wolverine in numbers

Age. 44
Weight. 198 pounds
Height. Six foot two
Body fat. Six per cent
Calories/day. 5,000
Total hours of workouts / week. 11
Body. 70 per cent diet and 30 per cent training

peanut butter, olives) but excluded all sugar, including fruit and alcohol.

"He ate protein every day, but to maximize results, we'd cycle his carbohydrates. On weight training days, his first three meals would be carb heavy and the last three would include lots of healthy fats.

"On non-weight training days (Saturday and Sunday) he would skip the carbs and just have healthy fats," says Kingsbury.



What Hugh Jackman ate to bulk up



Meal 1

A large bowl of oatmeal with cinnamon
Six scrambled eggs with ham and spinach
Two slices of rye bread toasted with peanut butter



Meal 2

Broccoli, a 10-ounce steak, one boiled sweet potato



Meal 3

Two grilled chicken breasts with lemon and herbs, brown rice
Spinach



Meal 4

Grilled salmon
Half an avocado
Broccoli

Beauty



The Beast



CLEAN UP YOUR ACT SimplyRecycle.ca

MMSM
Multi-Material
Stewardship Manitoba

Industry funding recycling

Don't lag on eating these snacks while you jet-set

Lifestyle. Healthy eating author offers up some tips on how to arrive alert, well-rested and geared to go on your trip

You've just touched down in Paris and the first thing you want to do is hit the hay. Sound familiar?

Don't let jet lag cause you to miss out on all that your travels have to offer, make sure to get some sleep on the plane. Michelle Dudash, author of the book *Clean Eating for Busy Families* says that consuming the following snacks can help you feel great upon arrival.

Dark chocolate

It can reduce levels of cortisol and catecholamine stress hormones. The higher the percentage of cacao, the better.



Don't sleep on these tips. ISTOCK PHOTOS

Start with one that is 60 per cent cacao and work your way up. Darker chocolate also has less added sugar.

Carbohydrates

They stimulate the release of serotonin, your feel-good brain

chemical. Opt for low-sugar granola, an apple or dried fruit.

Vitamin B6

It boosts melatonin production, a sleep-inducing hormone triggered by darkness. Order a tuna salad cup, ba-

Bonus tips

Order tomato juice on the plane, since tomatoes have a high melatonin content. Pack sunglasses or an eye cover

- **High and dry.** With the drying effects of high altitudes, it's important to stay hydrated to keep fatigue, false hunger and headaches at bay upon landing. Your best bet, besides water: Dehydrated coconut. Or order orange juice for beneficial electrolytes.

nanas, roasted chickpeas or fortified breakfast cereal.

Melatonin

This sleepy-inducing chemical is found in dried cherries, almonds and sunflower seeds. Make a trail mix of the three

METRO

Best Health



Drink up. ISTOCK PHOTOS

How to stay hydrated



BEST HEALTH MINUTE

Bonnie Mundy
Editor-in-chief
Best Health Magazine

In the Summer issue of Best Health we feature an article by one of our columnists, registered dietitian Sue Mah. She talks about the importance of getting enough fluids, especially in the hot summer months, when we sweat more. But not all drinks are created equal.

Healthy Choices

Water: This is the best thirst-quencher. Flavoured water: Options such as Nestle Pure Life Splash are healthy choices

if you're not a fan of plain water.

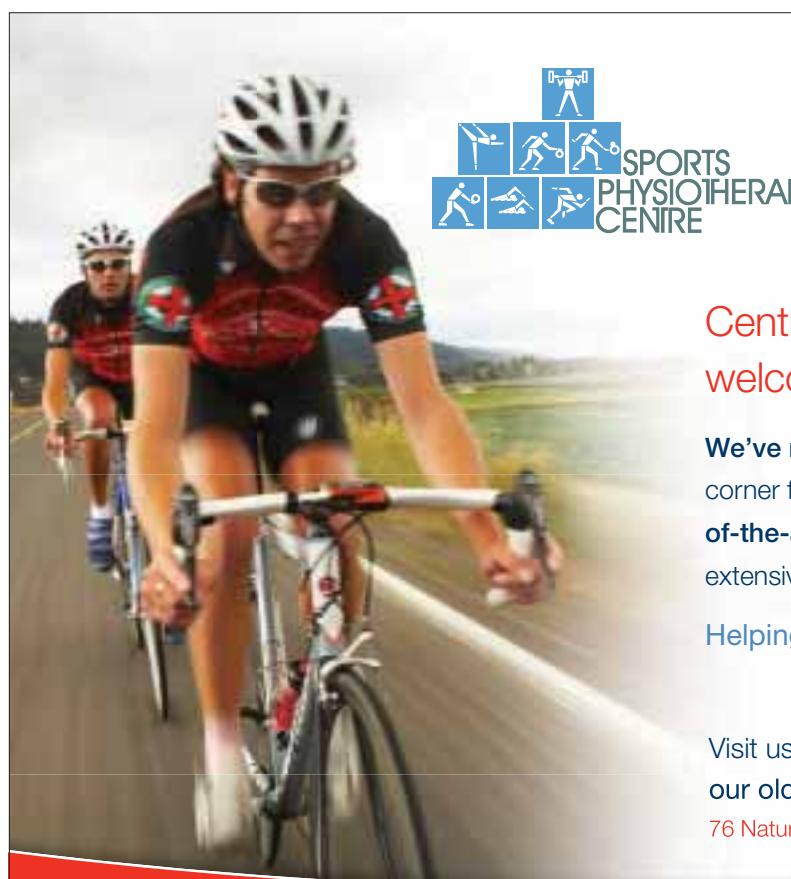
Coconut water: This contains potassium, an electrolyte we lose through sweat, as well as small amounts of magnesium, which we need for muscles and nerves.

Not-So-Healthy Choices

Fruit juice: While a cup of 100 per cent orange juice contains two servings of fruit and a day's worth of Vitamin C, it also has 110 calories and 22 grams of sugar (the equivalent of about five teaspoons).

Iced coffee drinks: A large iced mocha coffee from Tim Hortons, for example, has 330 calories and 31 grams of sugar (about six teaspoons).

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You say potato, I say cake

1. Heat oven to 180 C (350 F). Lightly grease a 33-by-23-cm (13-by-9-inch) baking pan and dust with cocoa powder. Remove excess cocoa powder and set aside.

2. In a bowl, whisk water into mashed potatoes until mixture is smooth.

Ingredients

- 250 ml (1 cup) mashed hot Yukon Gold potatoes
- 250 ml (1 cup) lukewarm water
- 150 ml (2/3 cup) butter, softened
- 500 ml (2 cups) brown sugar
- 5 ml (1 tsp) vanilla extract
- 4 eggs
- 500 ml (2 cups) all-purpose flour
- 175 ml (3/4 cup) cocoa, plus extra for dusting pan
- 11 ml (2 1/4 tsp) baking powder
- 2 ml (1/2 tsp) baking soda
- Pinch salt
- 175 ml (3/4 cup) semi-sweet chocolate chips
- Icing sugar or icing (optional)

Potato Chocolate Cake



This recipe serves 12 to 16. THE CANADIAN PRESS H/O

3. In a separate large bowl and using an electric mixer, beat butter, brown sugar and vanilla for 4 to 5 minutes until light.
4. Add 2 eggs and mix until blended, scraping down sides of bowl; add remaining eggs and potato mixture, and mix until blended.

5. In another bowl, sift flour, cocoa, baking powder, baking soda and salt; stir to combine.
6. At low speed, alternate adding sifted dry ingredients with potato mixture until incorporated. Fold in chocolate chips.
7. Place batter in prepared pan;

smooth out top. Bake for 30 minutes or until cake springs back when pressed lightly and begins to pull away from the sides of the pan.

8. Let cool in pan on a rack. Sift icing sugar over cake or spread with icing. THE CANADIAN PRESS/ PRINCE EDWARD ISLAND POTATO BOARD

Side dish. Orange-Tarragon Lobster-Topped Baked Potato



1. Heat oven to 200 C (400 F).

2. Gently scrub potatoes to remove dirt and loose skin; prick each potato several times with a fork. Bake for 45 minutes or until cooked through. Let cool

slightly. Cut top off potatoes (lengthwise).

3. In bowl, mix remaining ingredients. Top each potato and serve. THE CANADIAN PRESS/ PRINCE EDWARD ISLAND POTATO BOARD

Ingredients

- 4 large russet potatoes
- 250 ml (1 cup) chopped cooked lobster meat
- 15 ml (1 tbsp) mayonnaise
- 10 ml (2 tsp) chopped fresh tarragon
- 1 ml (1/4 tsp) coarse salt

- 125 ml (1/2 cup) chopped fennel
- 2 ml (1/2 tsp) orange zest
- 30 ml (2 tbsp) orange juice
- 5 ml (1 tsp) olive oil
- Pepper, to taste

Bacon Mayo

1. In a large skillet over medium-high heat, fry the bacon until crisp. You likely will need to work in batches. As the bacon is fried, transfer it to a paper towel-lined plate. Pour the bacon fat from the pan into a 2-cup liquid measuring cup. Check the volume. If you don't

Ingredients

Bacon Mayonnaise

- 1 lb bacon
- Canola oil (if needed)
- 5 tbsp egg yolks (4 yolks)
- 3 tbsp water
- 1 1/2 tbsp Dijon mustard
- 1/4 tsp xanthan gum
- 1 1/2 tbsp lemon juice
- 2 1/2 tbsp white wine vinegar
- Salt, to taste

Salad

- 3 cups small fingerling potatoes
- 1 tbsp water
- 1/3 cup minced red onion
- 1/4 cup bacon mayonnaise
- 1 1/2 tbsp Dijon mustard
- Salt, to taste
- Bacon bits, to garnish (reserved from mayonnaise recipe)

have 1 1/3 cups, top it off with canola oil.

2. Use a rolling pin or meat mallet to crush enough of the bacon to make 1/2 cup of fine bacon bits. Reserve the additional bacon for use as garnish on the potato salad.

3. In a medium bowl, whisk together the egg yolks, water and mustard until smooth. While whisking, gradually pour the reserved bacon fat into the yolk mixture, whisking until fully emulsified. While continuing to whisk, slowly sprinkle in the xanthan gum. The gum will cause the sauce to thicken.

4. Mix in the 1/2 cup of bacon bits. Add the lemon juice, white wine vinegar and salt as needed to adjust the acidity and seasoning. Use the mayonnaise cold, but allow it to temper at room temperature for 10 minutes before serving.

Fingerling Potato Salad

1. Place the potatoes and water in a quart-size zip-close bag. Without sealing the bag, submerge it in a bowl of water al-

Health Solutions

There's an app for that (guest)



NUTRI-BITES
Theresa Albert
DHN, RNCN
myfriendinfood.com

base, squeeze a drop of glue and top with one sweet item, et voila! It's a combo platter to suit each one of your fussy friends.

Smile pretty, now.

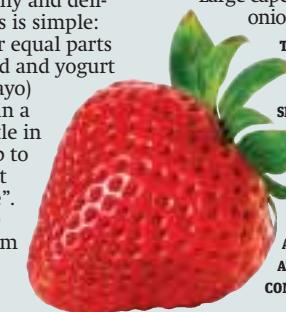
Savoury

- Cube of feta
- Cube of blue cheese
- Cube of cheddar
- Basil leaf
- Cube of cooked pancetta
- Zucchini slice

Sweet

- Half a pitted date
- Pecan half
- Strawberry half
- Dollop of chutney
- Slice of apple
- Large caper or pickled onion

TERESA ALBERT
IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Bacon mayo: Game changer for a classic summer salad



This recipe serves 4 as a side. MATTHEW MEAD/ THE ASSOCIATED PRESS

most to the opening. The water will squeeze out most of the air. Seal the bag.

2. Microwave on high until the potatoes are tender, about 4 minutes in an 1,100-watt microwave. Use care when removing the bag from the oven; the steam released as you open the bag can cause burns. Remove the potatoes from the bag and set aside to cool.

3. In bowl, stir together the onion, bacon mayonnaise and mustard. Once the potatoes have cooled, slice them into coins 1/2 to 1 inch thick. Stir the potatoes gently into the mayonnaise mixture until evenly coated. Season with salt, then garnish with crispy bacon bits. THE ASSOCIATED PRESS/ W. WAYNE GIBBS EDITOR-IN-CHIEF OF THE COOKING LAB, THE CULINARY RESEARCH TEAM LED BY NATHAN MYHRVOLD

Reason number 308: I wouldn't let him ride the wiener dog

Reasons My Son is Crying. Humorous blog turned book has given self-deprecating parents everywhere a new outlook and some comic relief

ALISON BOWEN
Metro World News in New York City

Greg Pembroke's son was having a meltdown in a museum. Over cheese. A piece of cheese, torn down the middle.

"My oldest son just started to wail in the middle of this museum," he remembers. "I'm like, well this is so over the top. That stuff happens all the time when you've got a kid."

The Rochester, N.Y., dad of two snapped a pic of his son's tear-strewn face, posting it to Facebook in an album that became a blog that spawned a book.

The creator of the Reasons My Son is Crying Tumblr blog, which recently went viral, is

now penning the book. Parents from all over the world flooded him with submissions of their bawling babies, from New Jersey kids tumbling out of a hammock to a Chinese baby upset with his Superman outfit.

"It's really funny to have accidentally found something that everybody can relate to," Pembroke says.

Posting pics can be a parenting coping mechanism, he adds.

"It's easy to get bogged down and feeling upset about all the times your kid's crying, because it makes you feel like a failure," he explains. "Parents are wired to think that if your kids aren't happy all the time, that you're failing. It doesn't mean you're a bad parent just because you have to carry your kid screaming out of Disney World on your shoulder, crying the whole way. Which I did in May."

The 33-year-old dad told us about posting pictures as parenting therapy.

What was it like to have pictures of your kids go viral?

It was so crazy. After (it appeared on Reddit), it started to

Savour this time

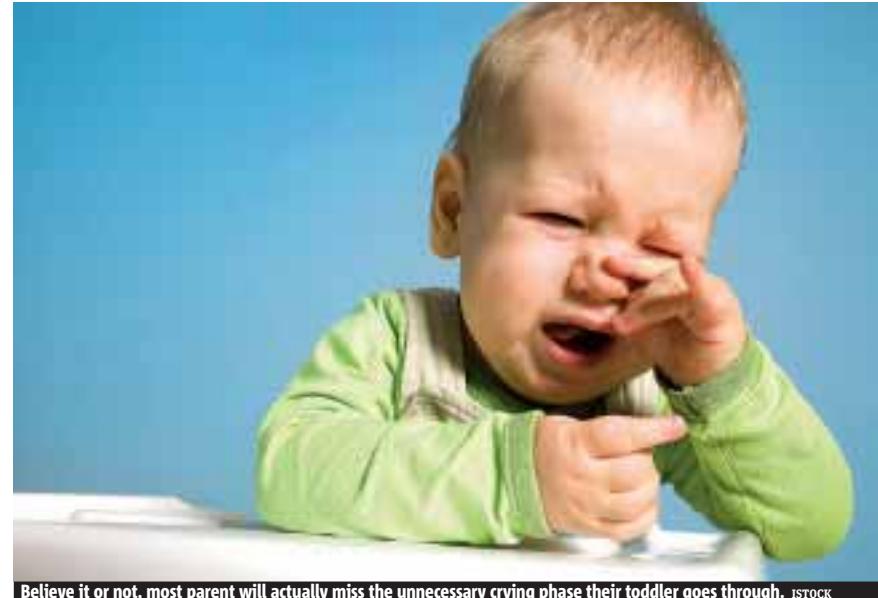
"I know right now that I'm going to miss this (phase) when they're out of it, and I think it's a reminder to me to just kind of laugh about the insanity."

Greg Pembroke, blog creator and author of Reasons Why My Son is Crying

spread so quickly ... It's a little weird because, it's easy to say this now, but we are pretty private. That week on the MSN homepage, there was a picture of LeBron James, Margaret Thatcher and my one-year-old. It was absolutely surreal to see. It's a little overwhelming initially, but the feedback was so overwhelmingly positive. ... I think someone has visited my blog from every country in the world, except maybe North Korea. You can't win them all.

Why do you think this has struck such a chord?

In general, the people that get it are people that have normal, healthy toddlers;



Believe it or not, most parent will actually miss the unnecessary crying phase their toddler goes through. iSTOCK

who have been around kids. This is a phase they go through. It's going to happen. ... Kids are going to cry. You can either pull your hair out, or you can say, "This is a little bit ridiculous."

How has this helped you in

your own parenting?
It helps you see the humour side. This is a stage in childhood development. I know right now that I'm going to miss this when they're out of it, and I think it's a reminder to me to just kind

of laugh about the insanity. It's not always going to be this way. When they get older, they're going to have problems that aren't always as easily laughed off, and I think then I'm going to be a bit nostalgic.

Women cheating more than ever before

Interesting statistic.
Wives cheating on their husbands up 40 per cent from 20 years ago but men still more likely to be stepping out

MARY ANN GEORGANTOPOULOS
Metro World News in New York City

There's a long way to go until women are equal to men, but in one aspect of life, we're catching up.

The percentage of women cheating on their husbands rose almost 40 per cent to 14.7 in the last 20 years, according to the latest data from the National Opinion Research Center's General Social Survey. The same survey suggests that the number of men admitting to extramarital affairs stayed the

same at 21 per cent.

According to a sociologist at Auburn University at Montgomery, who reported the survey, the data reflects a number of trends, including social media making it easy to have affairs as well as women having less to lose economically from a divorce.

"Men are still more likely to cheat than women," said Yanyi Djamba, director of the AUM Center for Demographic Research. "But the gender gap is closing."

No need to put a ring on it

"Once you strip away the stigma from the equation, interest in casual sex is about equal for women and men."

Daniel Bergner, author of *What Do Women Want?*
How he believes casual sex is viewed by both genders



Cheating isn't just for men anymore. iSTOCK

Are you over-insured? Read the fine print



Don't rely on an agent. Read your policy carefully to avoid being under or over-insured. ISTOCK IMAGES



YOUR MONEY
Alison Griffiths
money@metronews.ca

Are you covered? By insurance I mean. Recent floods in Alberta and greater Toronto and, of course, the tragic train derailment in Lac-Mégantic makes one wonder about protection from what life and nature throws at us.

It isn't exactly an exciting topic. As Woody Allen once said, "There are worse things in life than death. Have you ever spent an evening with an insurance salesmen?"

Insurance policies are so utterly tedious with their teeny tiny print and labyrinth-like wording. Consumers rarely read or understand them thoroughly. And even if you do, who is going to remember whether you have sewage back-up protection years after taking out an initial policy? Or for that matter, who notices if coverage has been amended over the years, which frequently hap-

pens? The same is true of most manufacturer's warranties and extended coverage on purchases such as appliances. In fact, many people don't read the warranty before shelling out for (usually) unnecessary extended warranties.

I purchased a digital recorder this year and the salesman almost talked me into additional "bumper to bumper" insurance.

I read the manufacturer's warranty first and discovered that virtually everything offered by the extended warranty was already covered by the manufacturer. Had I read the document after buying extended coverage I would have been seriously annoyed.

This brings me to my new Frigidaire washer and dryer. The previous set, from the same manufacturer, lasted 20 years. I didn't read the new warranty, as the old duo had been such workhorses.

Rust has just appeared on the washer. Turns out that just about every peril is covered,

In storage
Insurance is not legally required for vehicles in storage. Comprehensive insurance covering fire and theft is optional.

except for rust. In this case the extended warranty, which did cover rust, would have been a good idea.

When accidents, incidents or disasters occur there are always going to be surprises about the extent of insurance or warranties. Even more so these days as insurance pervades our lives, from credit card balance protection to automobile liability. Avoid being under or over-insured by taking the time to read each policy both at initial application and renewal. Don't rely on what a salesperson or agent tells you. So much depends on it.

Contact Alison at griffiths.alison@gmail.com or alison.griffiths.ca



Managing money from wedding bells and beyond

A wedding is a joyful life milestone, but for many it comes with a big price tag. The stress, not to mention the cost, of wedding planning can be a challenge. Successful couples need to discuss finances together.

Establishing good financial habits while planning for your wedding can start you down the path toward a successful financial future together.

"A wedding may be the biggest expense you've ever planned and saved for together. It's a great opportunity to start 'money talks' which should continue throughout your marriage," says Sandy Cimoroni, president at TD Mutual Funds and Executive Sponsor of TD's Women Investor Program.

Cimoroni shares three common mistakes couples make

when it comes to managing money, and how to overcome them:

Failing to communicate.

Discuss how you'll pay for any wedding-related expenses — from the venue, to flowers, to cake, and everything in between. Beyond just your wedding, you should be open and willing to talk about money

and learn about each other's financial history and views about money.

Not having a budget or financial plan

Many couples don't take the initiative, or wait too long to write down their short, medium and long term goals. Work together on your finances beyond the wedding day. Discuss and es-

tablish goals, keep track of your spending, and make the "money talk" an ongoing conversation.

Being on a different page when it comes to finances

You and your partner may have different attitudes about money; one person may be a saver, the other a spender. Acknowledge your differences

and take advantage of each other's strengths to successfully manage your money as a couple.

"Open communication starting in the early stages of marriage — and even before — helps you stay on the same page about your combined financial goals and strategy," adds Cimoroni.

NEWS CANADA



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BUILD A NEW CAREER AT WINNIPEG TECH

Nailing down the right career choice is always a challenge.

Enrol in the carpentry program at Winnipeg Technical College and learn the industry from the ground up.

“WTC’s carpentry program is an excellent way to get into the construction industry,” says Rae-Lynn Rempel, manager, marketing and communications, Winnipeg Technical College.

According to Rempel, the construction industry is booming in Manitoba, everything from commercial to residential, and this program will help students get the training they need to hit the ground running.

Students will learn introductory skills in the areas of foundations, framing, drywalling, finishing carpentry and residential roofing, and will be part of a house build right on campus.

During this project, students will build a 100 per cent livable house that is then sold through a realtor.

“This allows students to experience first hand what is needed to complete an entire project,” Rempel says.

Since this program is accredited with Level 1, students can make that first jump into an apprenticeship training opportunity at the college and then continue on with an employer.

“It is the best of both worlds, as we combine theory and practical experience,” Rempel says.

And while studying at the school, students will get to take advantage of learning in a brand new expanded facility, a short time commitment of a five-month program, accredited Carpentry Level 1 through Apprenticeship Manitoba, as well as gaining the introductory knowledge and skills that are needed to be useful to an employer on the first day of the job.

You can forget about wait lists at WTC since seats are currently available for both the September 2013 and February 2014 intakes. For more, visit wtc.mb.ca.

WINNIPEG TECHNICAL COLLEGE

BEAT THE COLLEGE WAIT LIST

FAST-TRACK YOUR CAREER WITH WTC’S 5-MONTH CARPENTRY PROGRAM. CLASSES STARTING IN SEPTEMBER 2013 AND FEBRUARY 2014. LEVEL 1 APPRENTICESHIP ACCREDITED.

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WTC.MB.CA 204.989.6500



TAKE CONTROL OF YOUR FUTURE

WELLINGTON COLLEGE

A career in massage therapy can be a rewarding and satisfying career for those looking to take control of their futures.

Wellington College massage therapy students are taught more than just the ABC's of massage — they are taught the fundamentals of running their own businesses and learning how to be their own boss.

Business skills are a key component of this program, so, upon completion, students are able to open up their own massage therapy practice if they desire.

"There is such a huge demand for therapists out there that we can't seem to fill the demand," says Randy Ellington, founder and principal of Wellington College.

"There are a number of great opportuni-

ties out there for jobs after graduation."

Wellington College offers remedial massage therapy on a full-time basis, or basic remedial massage, and advanced remedial massage therapy through Distance Learning.

The two-year, full-time program offers students a chance to immerse themselves in their education.

In the first year of study, students will gain a solid foundation in massage, with relaxation massage as the main focus.

In Year 2, they will build on this knowledge with the assessment and treatment of musculoskeletal dysfunctions.

By the end of the program, students will have completed 2,550 hours of training, exceeding the amount of hours required for entrance into most massage associations.

"For individuals looking to make a difference with their career, massage is a



ISTOCKPHOTO/THINKSTOCK

great way to go," Ellington says.

Applications are now being accepted for Aug. 19 intake for the full-time program.

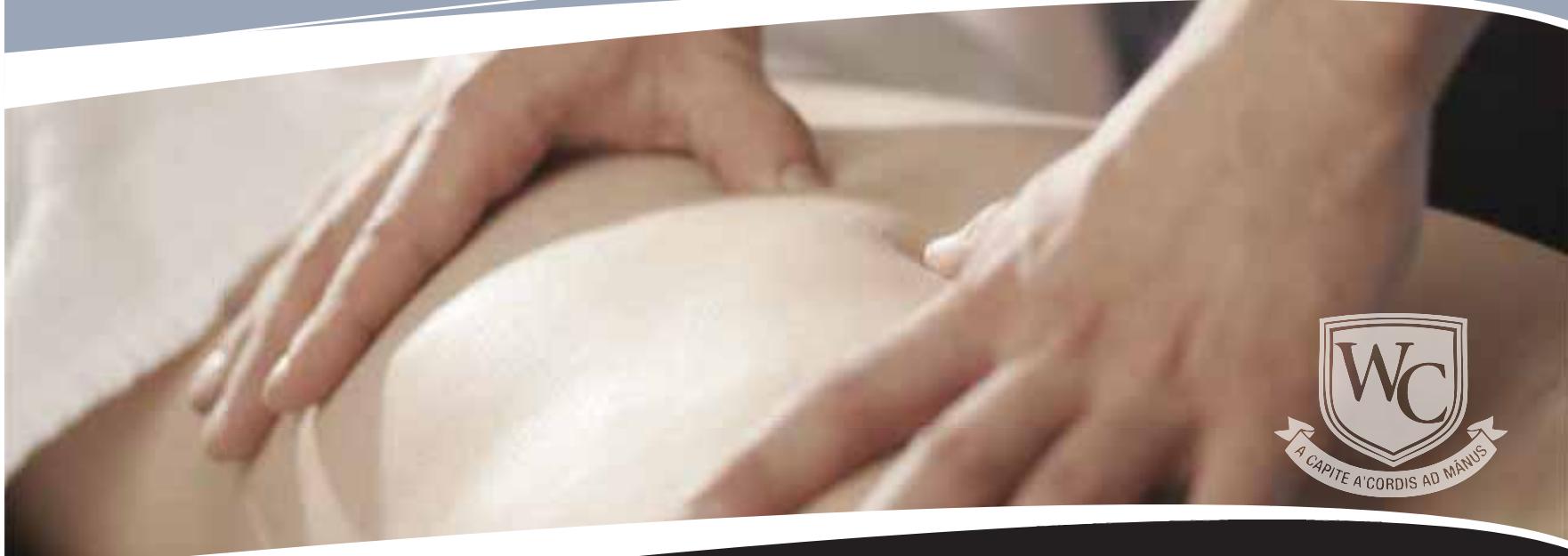
Funding options are available to Wellington students. Students may choose to pay the entire course fees up front, or participate in one of the payment programs established at Wellington, including an interest-free payment plan.

To find out if Wellington College is right for you, attend one of the monthly information sessions. Meet current students, staff and tour the facility to learn more about what Wellington College has to offer. To attend an information session or book a tour of the facility, contact info@wellingtoncollege.com or call 204-957-2402.

For more, visit wellingtoncollege.com.



Build a future with your hands.
Study Massage therapy.



WellingtonCollege.com
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HERZING BROADENS ITS HORIZONS

For those looking for an exciting career in radio and television broadcasting, Herzing Winnipeg is pleased to announce the acquisition of the radio and television broadcasting program formerly offered by the Academy of Broadcasting Corporation.

Herzing Winnipeg has been a leader in specialized career training in Winnipeg for more than four decades and offers programs in the business, health care, legal, and technology fields.

"We are excited to expand our program offerings and welcome media savvy students to the campus," says Bill Riches, Herzing Winnipeg president.

Academy of Broadcasting Corporation has been an institution for Manitoba students interested in pursuing a career in radio and television.

Academy of Broadcasting graduates are employed at major television and radio stations across Canada in positions such as copy writers, producers, voice-over artists, account reps, promotions, co-ordinators, videographers, audio technicians, video editors, and production



ISTOCKPHOTO/THINKSTOCK

assistants, to name a few.

Alumni of this program have gone on to careers at Citytv, APTN, CTV, Star fm, Power 97, CBC Radio, and many other stations around Western Canada.

"The radio and television broadcasting program fits perfectly with our objective of being able to offer career driven diploma programs in one year or less," says Robin Day, Herzing Winnipeg academic

dean.

The college welcomed 26 current radio and television broadcasting students and three instructors earlier this month.

New programs will be offered July 24 and Sept. 23.

Students are encouraged to contact Herzing College and make an appointment to see an admissions adviser since it is expected this program will fill up quickly.

Herzing graduates possess a high employment success rate and have helped the school gain its reputation in the industry and with future students.

By working with employers, Herzing is able to develop a program menu in careers where skill professionals are needed.

Herzing also offers students convenient scheduling by offering day, part-day and evening classes to ensure students are able to reach their educational goals.

For more, visit herzing.ca/winnipeg, or follow on Facebook at facebook.com/herzingwinnipeg, or Twitter at twitter.com/herzingwinnipeg.

Christie
Student

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ROBERTSON COLLEGE PHOTO

ROBERTSON OFFERS VARIETY OF COURSES

Strong economic growth in Manitoba means better possible employment opportunities for business and IT professionals, says Brooke Barker, faculty head, business and IT at Robertson College.

"There is substantial room for increase in both direct and indirect employment in the months and years to come," Barker says. "And all of our business and IT programs offer good employment potential."

Robertson College offers training in a variety of business and IT areas, such as ac-

counting specialist, administrative professional, veterinary office assistant, medical office assistant, travel counsellor, as well as network engineer and software developer.

All Robertson programs include a period of work experience (approximately two to six weeks depending on the program).

"Students recognize immediately how directly applicable their training is, both in hard skills and in all-important soft skills," Barker says. "Robertson College works closely with its work experience hosts and

the employment community in general to recognize the trends in technology and general business procedures and practices so that Robertson graduates are always ready for the real world."

But what really sets Robertson's programs apart from other institutions is its quality of instructors. "All Robertson instructors bring with them a wealth of industry experience and a passion for sharing that experience with their students."

For more, visit robertsoncollege.com.

PATAL IS CELEBRATING TWO SPECIAL EVENTS

Patal Vocational School is celebrating two special events this summer, including the grand opening of its recent move to 319 Elgin Ave.

The culinary arts and baking students created beautifully displayed trays of bannock, speciality Focaccia breads, eagle feather and buffalo-shaped cookies, trays laden with seasonal fruits, specially prepared bacon, and other meats for the grand opening.

On Aug. 2, Patal will host a graduation

ceremony at Thunderbird House. Fifty graduates from the hospitality, business accounting, office administration, culinary arts/baking, and PC service technician/network management programs will be drummed into Winnipeg's traditional meeting place. Patal's culinary arts/baking students will prepare a buffet for the event, while many First Nations communities will be in attendance to share congratulatory messages.

Patal's students benefit from real-life

experiences and by volunteering their time in the community. Students spent Aboriginal Day at the Indian Metis Friendship Centre, and June 28 at the Siloam Mission.

Due to an overwhelming response from the community, Patal's students continue to volunteer time to accept computers and laptops for repair.

Patal is accepting applications throughout the summer for all courses. For more visit, patalvoc.com/index.html.



STOCKBYTE/THINKSTOCK

Patal. A different school of thought



Programs Available:
PC Service Technician/Network Management,
Computerized Accounting,
Computerized Office Assistant,
Entry Level Baking,
Culinary Arts,
Hospitality & Tourism



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ROBERTSON COLLEGE Get more information at www.robertsoncollege.com or call 204.800.7933



NORTHWEST LAW ENFORCEMENT ACADEMY PHOTO

AN AFFORDABLE, QUALITY EDUCATION

NORTHWEST LAW ENFORCEMENT ACADEMY

A quality education does not need to come with a huge price tag.

Northwest Law Enforcement Academy is dedicated to offering students a high-quality education in the field of law enforcement without breaking the bank to get it.

"Our program is much less expensive than many other programs out there," says Stan Payne, registrar and managing director of Northwest Law Enforcement Academy. "Many programs only quote the tuition cost and not the rest of the costs, such as texts, uniform cost and perhaps the cost of labs, and student fees, which we do not have."

Northwest Law Enforcement Academy works with students who may face financial challenges to succeed in its program.

As well as working with students who may not have received financial aid with payment plans, the academy also offers free parking at its campus to help alleviate the costs of going to school.

Payne says it all comes down to

value. "When students are looking to take post-secondary education they want something that will help them achieve their career goal. The courses that we offer will assist the student to increase their skill and knowledge."

Students will engage in a seven-month program that includes subjects that will help them when they get into some form of law enforcement career. They will study topics such as criminal law, police procedures, communications, officer safety, situational analysis, ethics, non-violent crisis management, defensive tactics, facial identification, and many more.

There are 24 courses in total and the program also includes a downtown watch practicum.

Students will learn from the best since nearly all of the Northwest Law Enforcement Academy instructors are former law enforcement individuals, offering students the benefit of their practical experience.

For more, visit northwestlaw.ca.



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A Career in Law Enforcement
Compare Law Enforcement Programs
Before You Sign on the Dotted Line



- How long has the program been in existence?
 - Northwest 12 years (39 classes).
- How many instructors does the program have?
 - Northwest has 12.
- Are the Instructors former law enforcement employees?
 - Most at Northwest are.
- How many courses does the program have?
 - Northwest has 24. (See our website)
- How much does the program cost?
 - Northwest \$8,021.90 all inclusive.
- Does the program require you to wear a uniform?
 - Northwest students wear a uniform.
- How much will it cost you to park?
 - Northwest has free parking.
- Are there payment options?
 - Northwest offers payment options.
- Are graduates working in Law Enforcement careers? How many?
 - We have pictures of the many successful students at Northwest.
- Does the program offer career preparation and guidance?
 - Northwest does.
- How big are the classes?
 - At Northwest our classes are around 25 students maximum.

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**Classes Start: September 9, 2013
October 15, 2013 and April 7, 2014**

AN INSIDE PEEK AT RED RIVER COLLEGE

Red River College has taken the title “blogger-in-residence” quite literally and has planted blogger Kayla Jeanson inside its student residence for the summer.

Jeanson lives and works in Winnipeg as a freelance filmmaker and videographer, and is the first recipient of Winnipeg’s “greatest summer job.”

Here is what Jeanson has to say about the job:

1 Sweet digs: I live in the historical Union Bank Building (renovated and shiny). I have a two-bedroom dorm so I can spread my stuff out over the entire space. There are some quirks to the set-up (which you can read about in my blog), but, overall, the place is comfortable and conducive to creative work.

2 Free swag: I hear there are many Winnipeg companies and organizations that are interested in having me blog about them. This generally means they are drawing me in with free things.

I am totally cool with this aspect of the job. I am not above writing a glowing review for a company who gives me some free, well-made coffee, but I am also not afraid to give the honest truth when it is deserved, either.

3 Good eats: When you live at Patterson GlobalFoods Institute, you are given a meal plan, which can be used at RRC’s Culinary Exchange (daily grub) and the restaurant Jane’s (fancy stuff). So far I like what I have tasted, and it’s all covered in my (free) rent.

4 Proximity to awesome: I have written in my blog about my “love affair” with the Exchange District. There is an incredible energy here that you can’t find elsewhere in the city. Creative types and business types join forces to push local entrepreneurs to success.

To follow Jeanson’s blog, or for more information on Red River College’s new student residence, visit rrc.ca/greatest-summerjob.



Kayla Jeanson

CONTRIBUTED



The World is Changing... Make it your Business

Find out how with help from Red River College

Interested in starting your own business?
Considering a career in finance, marketing or human resources?

RRC’s two-year Business Administration program offers the resources you need. Learn and network in the heart of downtown’s Exchange District – apply your skills right away, or transfer your credits to complete a degree.



Register today for admission this fall. For more info, visit
rrc.ca/bus

EXPERIENCE THE REAL WORLD AT PACE

While some industries continue to die out, the online world continues to grow.

With almost every business having some sort of online presence, someone needs to be developing these websites.

At the University of Winnipeg, PACE, the Internet systems specialist diploma (ISSD) will walk you through this cyber world and into a successful career.

"ISSD is a year-long program that can develop a person with limited IT skills

into someone who is more than capable of creating, developing, programming and launching a fully functional website," says Stevi Dram, director ICT studies, PACE, University of Winnipeg.

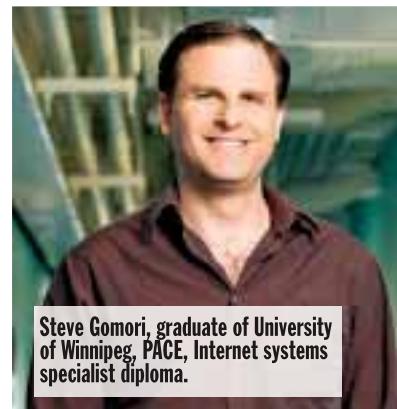
This program began in 1999, and PACE has graduates throughout the country working in high-level positions, which speaks to the quality of their education at PACE.

"Our students are extremely versatile and capable of working on all platforms using a

wide range of programming skills," Dram says. "Not only that, they are experienced in real-world scenarios, as they complete several projects throughout the year."

Dram says this program is hands-on, with projects that ensure graduates have a grasp on real-world requirements and timelines. They are trained on the most up-to-date languages and techniques. The next intake for this program is September.

For more, visit pace.uwinnipegcourses.ca.



CORY ARONEC PHOTOGRAPHY

Steve Gomori, graduate of University of Winnipeg, PACE, Internet systems specialist diploma.

ACHIEVE YOUR PERSONAL, CAREER GOALS AT YELLOWQUILL COLLEGE

"First Nation people have both the right and the responsibility to educate their own people," was the vision that inspired the Dakota Ojibwa Tribal Council to establish Yellowquill College in 1984.

The college is an educational institution respectful of Aboriginal culture founded on traditional First Nations' teachings such as honesty, humility, truth, bravery and wisdom.

Yellowquill College is Manitoba's original First Nation post-secondary institution specializing in First Nation education and training.

Students are provided with an exceptional education that helps them achieve their career and personal goals in a culturally sensitive learning environment.

"Yellowquill College has provided me with the education I needed to further my career," says Bev A. Stranger, CAFM, director of finance, Peguis Child and Family Services.

"They have a welcoming, grassroots environment but, at the same time, provide the professionalism that is needed in today's world."

Yellowquill boasts exceptional gradu-



CONTRIBUTED

tion rates for Aboriginal and First Nation students.

The success provides a positive impact in students' home communities as well as their personal lives.

The educational model utilized by Yellowquill has served as a blueprint for other institutions serving the needs of Aboriginal First Nations people.

For more, visit yellowquill.org.

Become part of the thriving high-tech sector. Job ready in one year.

LEARNING smart

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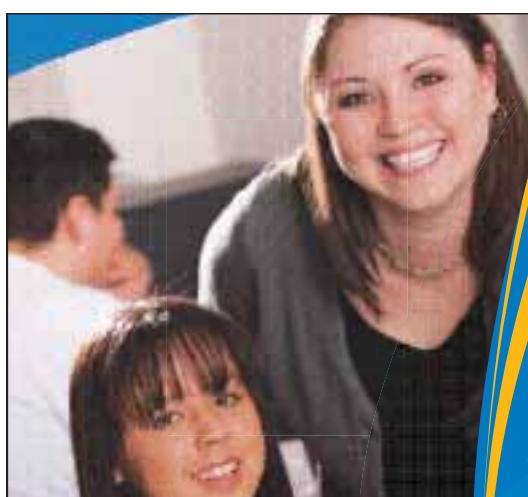
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4 SPORTS

MLB

Cespedes steals home run derby

Yoenis Cespedes has won baseball's home run derby, becoming the first player left out of the all-star game to take home the crown. The Oakland Athletics slugger beat Bryce Harper 9-8 in the final round Monday night in New York.

THE ASSOCIATED PRESS



Home run derby winner Yoenis Cespedes MIKE EHRMANN/GETTY IMAGES

Welcome back to Russia

Kovalchuk signs with KHL team

Russian team SKA St. Petersburg says it has signed forward Ilya Kovalchuk to a four-year contract.

Last week, Kovalchuk walked away from \$77 million left on his 15-year contract with the New Jersey Devils.

SKA did not disclose



Ilya Kovalchuk GETTY IMAGES

the terms of the deal with Kovalchuk in its statement Monday. Kovalchuk scored 417 goals and added 399 assists in 816 NHL games.

THE ASSOCIATED PRESS

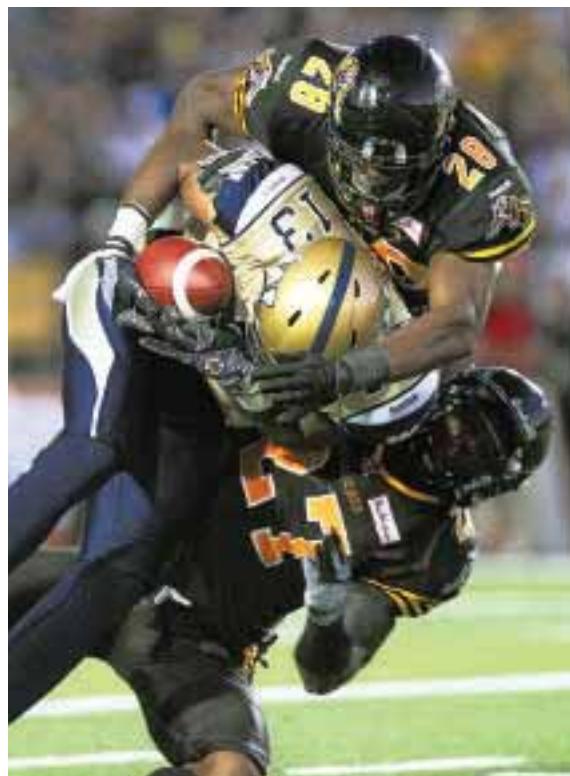
No pity party here



"No one is going to feel sorry for you, the New Jersey Devils."

Devils head

coach Pete DeBoer on Ilya Kovalchuk's decision to retire from the NHL and return to Russia.



Ticats Jamall Johnson, top, and Delvin Breaux tackle Blue Bombers receiver Chris Matthews on Saturday in Guelph, Ont. Matthews is one of seven Winnipeg players who will be too banged up to practise on Tuesday.

AARON LYNETT/THE CANADIAN PRESS

Bombers busted up after Week 3

CFL. Coach Burke says changes ahead if play doesn't improve starting Friday vs. Argonauts

They're bruised, battered and badly in need of a fix for an ailing offence.

It was bad enough that coach Tim Burke skipped a planned practice on Monday.

The Blue Bombers have lost linebacker Terrell Parker for the rest of the season with a torn ACL. Defensive back Desia Dunn will miss at least two weeks with a hamstring injury.

Receiver Chris Matthews, running back Anthony Woodson, defensive back Alex Suber, defensive end Alex Hall and offensive lineman Glenn January will all skip practice when it resumes Tuesday.

They're hurting, but Burke

From picks to sacks

Quarterback Buck Pierce was sacked six times in Saturday's 25-20 loss to Hamilton.

- The bright spot was the Bombers managed to curb the turnover problem that plagued their offence in their first two games.

says he expects most will play Friday against Toronto.

"I'd rather have them be healthy and fresh going into the game," Burke said.

When they do practise he said they'll focus more on preparing for Toronto rather than going hard against each other.

The Bombers aren't the only team with problems early in this season. Every team in the East currently sits at 1-2.

But Burke says they have a

lot of work to do to fix an offence that is clearly struggling if they want more wins.

"I know everybody likes to focus on the quarterback but there's a lot of things going wrong," he said.

He ticked off receivers who aren't moving the way they should and an offensive line that isn't learning from mistakes.

As for critics who suggested the Bombers rely more on their ground game in their most recent 25-20 loss to the Hamilton Tiger-Cats, Burke says forget it.

"We had five possessions in the third quarter. We opened three of the five possessions with runs and we gained a grand total of minus four yards," Burke said.

"Everybody's got to pick up their game on the offensive side of the ball, (and) it's not just one guy, it's many."

THE CANADIAN PRESS

No rest for young Jets with big dreams

It was almost 30 C outside but there was still hockey Monday as the Winnipeg Jets development camp got underway on the edge of the city with 43 young prospects.

Some, such as goaltender Eric Comrie, barely 18, probably have a long way to go before they lace up skates in the NHL.

But others, such as centre Mark Scheifele, 20, could have a far more immediate impact on the future of a team that is trying to improve dramatically for next season.

This is Scheifele's third such camp and he says he has one thing on his mind — making the team that made him their first draft pick in 2011.

"I'm working my hardest to

Making the cut

"I want this place to be home for quite a while for me and I'm working hard to get there.... I feel better than I have my whole career." Jacob Trouba

be on the team full time this year," Scheifele said after the first day on the ice.

The biggest thing Scheifele suggests he needs is strength, and he is certainly a little bigger and stronger looking than he was in 2011.

Scheifele and 2012 draft pick Jacob Trouba have been training with Gary Roberts.

The retired NHL left-winger, who played 21 seasons in the league, runs a high-performance centre in Toronto.

"I've been there just over a month now. I've already seen huge gains in my body and my strength," said Scheifele.

He also says it's good to have someone like Trouba around. Scheifele played for Canada and Trouba, the Jets' top pick last year, for the United States in the world juniors.

The U.S. won gold and Canada came home without a medal this year at the competition, something Trouba admits he brings up now and then.

"We still joke about the world juniors quite a bit but we do push each other," said Scheifele. THE CANADIAN PRESS



Mark Scheifele, Winnipeg's first draft pick in 2011, is looking to get bigger and stronger over the off-season. MARIANNE HELM/GETTY IMAGES

Horoscopes

Aries

March 21 - April 20

It's time to heal a rift with family members and get things back to how they used to be. The Sun in Cancer will make it easy for you to remind everyone that you are on the same side.

Taurus

April 21 - May 21

By all means, speak your mind today but make sure what you say is backed up by the facts. If you play fast and loose with the truth now, you could regret it next weekend when Mercury turns direct again.

Gemini

May 22 - June 21

You will be making some pretty big decisions over the next few days, so make sure you look confident even if you don't feel it inside. Others will take their cue from you.

Cancer

June 22 - July 23

This is a time for action. Outstanding cosmic activity in your birth sign means you are ready to take on the world. The only thing that might hold you back is if you don't believe it.

Leo

July 24 - Aug. 23

You seem to be looking over your shoulder a lot at the moment, but why? Be careful by all means today but don't let your fears get out of hand. Chances are there's no one out to do you harm.

Virgo

Aug. 24 - Sept. 23

If you are involved in some kind of cause, others will rally round your flag. And if you're not, perhaps you should consider getting involved. Make the world a better place.

Libra

Sept. 24 - Oct. 23

Don't worry that you don't have the expertise to do a particular job. Once you have started, you will quickly learn what needs to be done. Other people know what you are capable of, but do you?

Scorpio

Oct. 24 - Nov. 22

If you would like to get away, if you would like to leave the daily grind behind you and go some place where the fun never stops, now is the time to pack your bags.

Sagittarius

Nov. 23 - Dec. 21

Cosmic activity in the wealth area of your chart means you have no choice but to make changes that will affect how much you earn in the future. You should have started earlier, but better late than never.

Capricorn

Dec. 22 - Jan. 20

The Sun in Cancer at this time of year means loved ones have a huge influence on how you think and feel. But just because they get emotional does not mean you have to get emotional too.

Aquarius

Jan. 21 - Feb. 19

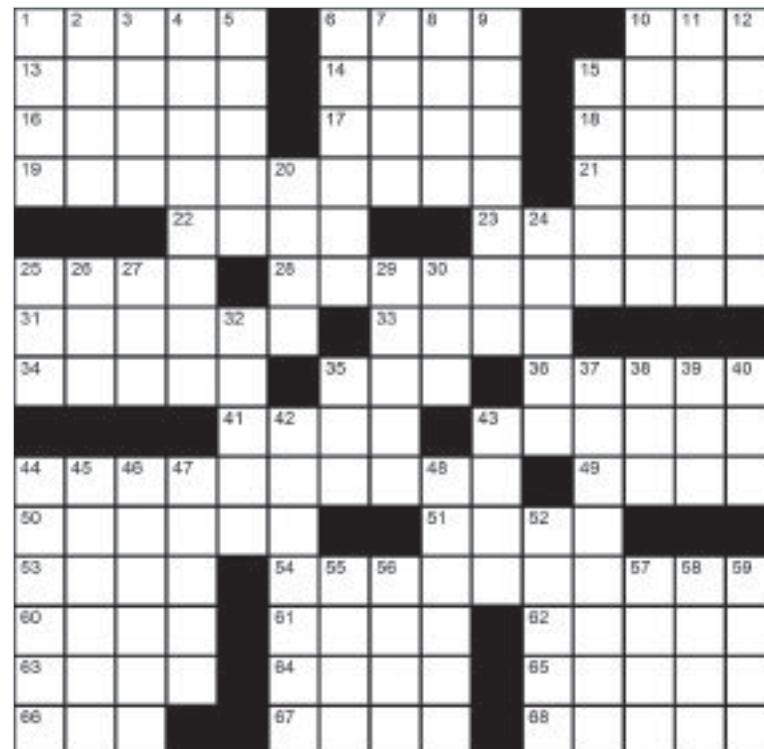
Plan what you have to do with as much care as possible. If you can do that then you will sail through the challenges of the next seven days. The big picture is important, but so are details.

Pisces

Feb. 20 - March 20

You can let the world in on the secret plans you've been making. Some will be happy, other will be dismayed but what matters is you're making things happen. **SALLY BROMPTON**

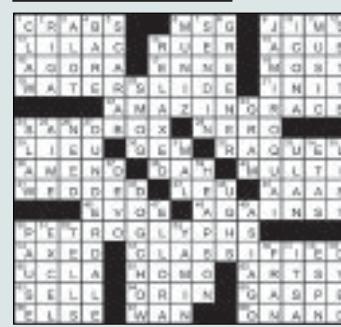
Crossword: Canada Across and Down



1. Penguin
2. Canadian actor Kevin who played Damian Daalgaard on #44-Across
3. Type of yoga
4. At hand
5. Margarines
6. House temp. coolers
7. Temple in Cambodia, Angkor __
8. Time
9. Ms. Hedren, Melanie Griffith's actress mom
10. Decompose
11. Uncanny
12. Dow Jones Ind. __
13. Ghost stories telling spot
14. Prefix to 'centre'
15. Purpose
16. Opposite SSW
17. 1996 Leslie Nielsen comedy: 2 wds.
18. Mont Blanc, par exemple
19. Cave
20. More greasy
21. Backs
22. Casino games
23. Salad ingredient
24. Stranger
25. Cup __ (Hot drink, informally)
26. Alberta town
27. Foe of the Allies in World War II
28. Adidas competition
29. Liza Minnelli's ex-husband David

30. Decompose
31. Uncanny
32. Dow Jones Ind. __
33. Ghost stories telling spot
34. Prefix to 'centre'
35. Purpose
36. Opposite SSW
37. 1996 Leslie Nielsen comedy: 2 wds.
38. Mont Blanc, par exemple
39. Cave
40. More greasy
41. Backs
42. Casino games
43. Salad ingredient
44. Stranger
45. Cup __ (Hot drink, informally)
46. Alberta town
47. Foe of the Allies in World War II
48. Adidas competition
49. Liza Minnelli's ex-husband David

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 27°
MIN: 14°



MAX: 27°
MIN: 16°



MAX: 24°
MIN: 17°

JENNA KHAN
WEATHER SPECIALIST

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The Beast



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